

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover





# Prevention - Future By Design: Behavioral Health in Action

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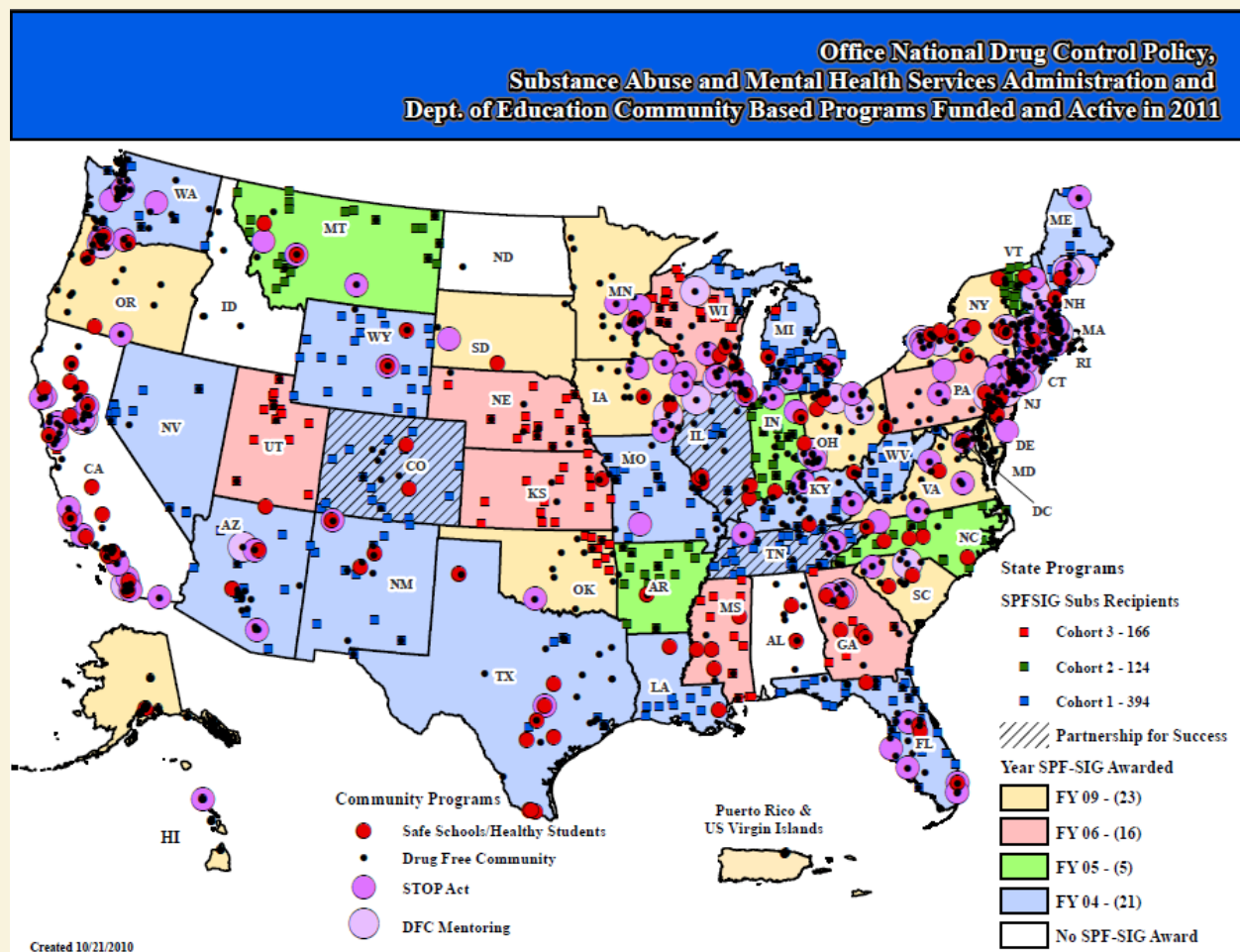
# SAMHSA – Leading Change

- **Mission**
  - To reduce the impact of substance abuse and mental illness on America's communities
- **Roles**
  - Leadership and Voice
  - Funding - Service Capacity Development
  - Information/Communications
  - Regulation and Standard setting
  - Practice Improvement
- **Leading Change – 8 Strategic Initiatives**
  - *Prevention is #1*

# States & Communities - Leading Change

- **Community Coalitions**
  - 742 Drug Free Communities
  - 684 community coalitions, task forces, partnerships in 65 States, Tribes & Territories
  - 100+ Safe Schools/Healthy Students grantees
- **Organizations / Individuals – Tens of Thousands**
- **Positive Results**
  - Reduced violence, alcohol use, heavy and binge drinking among youth

# Community Based Programs Funded and Active in 2011



# Prevention Challenges

- Increasing rates of illicit drug use & prescription drug misuse
- Emergency room visits involving pharmaceutical drugs misuse or abuse have doubled over the past five years; and, for the third year in a row, exceed the number of visits involving illicit drugs
- Over half (55.9 percent) of youth and adults who use prescription pain relievers non-medically got them from a friend or relative for free
- Reduced perception of harm
- Nearly 5,000 deaths each year attributable to underage drinking
- Adults who begin drinking alcohol before age 21 more likely to have alcohol dependence or abuse than those who had their first drink after age 21

# Prevention Challenges

- Half of all lifetime cases of mental and substance use disorders begin by age 14 years and three-fourths by age 24
- Over 8 million American adults seriously considered suicide; over 2 million had a plan to commit suicide; over 1 million attempted suicide
- More than 34,000 suicides occurred in the U.S. in 2007; 100 suicides per day; one suicide every 15 minutes
- Almost 30 percent of deaths by suicide involved alcohol intoxication (i.e., blood alcohol concentration [BAC] at or above the legal limit of 0.08 g/dL)
- Childhood traumas/difficulties potentially explain 32.4 percent of psychiatric disorders in adulthood and are a significant risk factor for substance abuse

# Full of Challenges... Full of Opportunities

## A day in the life of American Adolescents

**On an average day in the U.S., adolescents (12-17):**

- 508,000 drink alcohol
- 641,000 use illicit drugs
- Greater than 1 million smoke cigarettes



# Full of Challenges... Full of Opportunities

## A day in the life of American Adolescents



**Adolescents who used substances for the first time on an average day:**

- **Approximately 7,500 drank alcohol for the first time**
- **Approximately 4,360 used an illicit drug for the first time**
- **Around 3,900 smoked cigarettes for the first time**
- **Nearly 3,700 used marijuana for the first time**
- **Approximately 2,500 abused pain relievers for the first time**

# **Full of Challenges... Full of Opportunities**

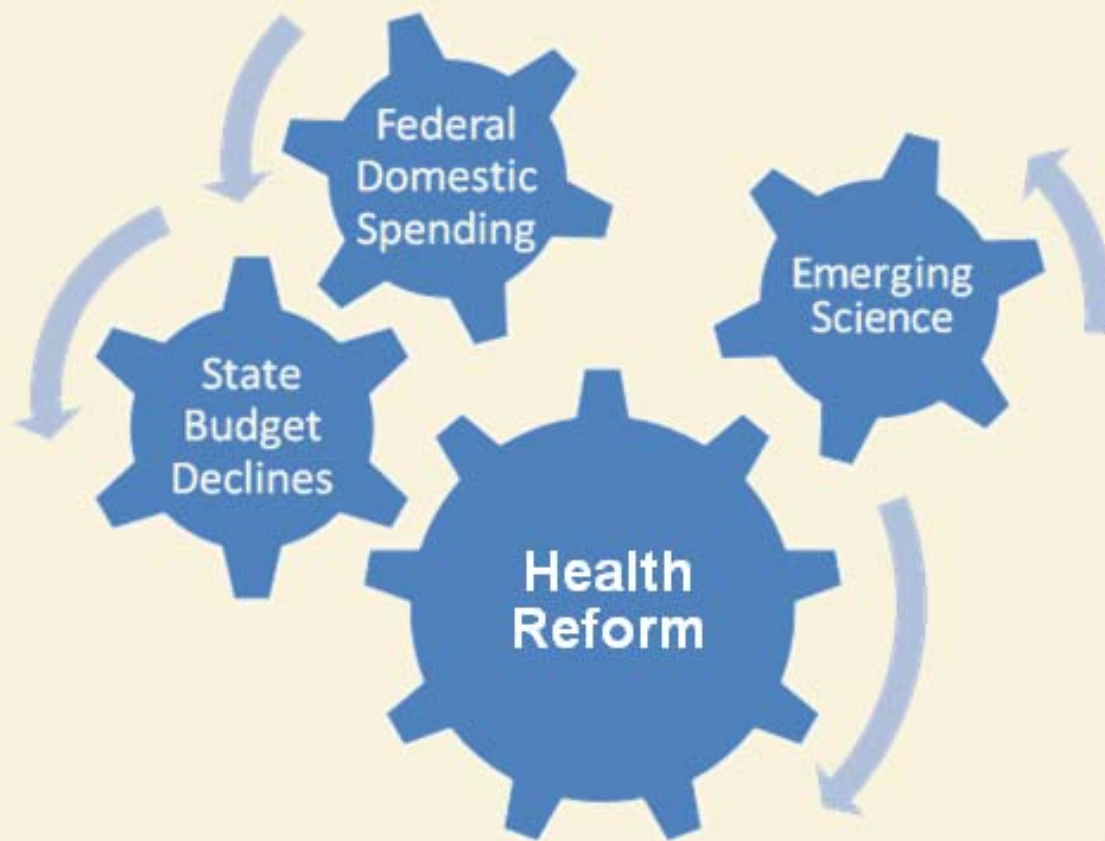
## **A day in the life of American Adolescents**

**Young people with major depressive episodes are twice as likely to take the 1st drink or use drugs for the 1st time as those who do not experience a major depressive episode.**

# Time For Change

- **Strategies of the past appear to have stalled out with generation ‘next’**
- **Science has evolved**
- **No system in place to move pockets of excellence to scale**
- **Support for prevention like never before (Parity/Health Reform)**
- **Economic challenges like never before**

# Context For Change



# Using Emerging Science

- **Prevention – top priority based on science**
- **Address emerging issues and move EBPs to scale**
  - Demonstration and implementation programs should strategically support moving EBPs to wide-scale adoption via public and private payers/systems
  - Need flexibility to address emerging issues
- **Necessity for quality data and public information for SAMHSA, BH field, Congress and the public**
  - Surveillance and evaluation, quality and outcome data need to detect emerging issues, inform program priorities, and help determine when to move an issue or practice to the next phase along the change continuum

# Prevention Science

- **Common Risk and Resiliency Factors**
  - Build emotional health in young children
  - Prevent substance abuse, adolescent depression, conduct disorders
- **Signs Evident 2-4 Years Before Disorder**
- **Intervene Earlier, Consistently and Across Multiple Institutions**
  - Parents, teachers, clergy, community, health practitioners, peers
- **Universal, Selective and Indicated Prevention**
- **Coordinate / Collaborate at Policy Levels**

# Multiple Proven Approaches

- **Strengthening families, individuals and communities to increase protective factors and decrease risk factors**
- **Preventing specific conditions for those at high risk**
- **Promoting positive behavioral health in schools, primary care settings and community programs**
- **State and community level environmental approaches**
  - Policy and enforcement changes to limit availability, increase costs, increase access to screening and brief interventions
  - Laws, messaging, social/ecological approaches to change norms & attitudes

# **SAMHSA'S Prevention Priorities**

- **Prevention Prepared Communities (PPCs)**
- **Suicide**
- **Underage Drinking/Alcohol Policies**
- **Tobacco Use Among Persons with SA/MI**
- **Prescription Drug Abuse**

# Opportunities For Partnership

- **ONDCP, ED & DOJ - Create/Implement Prevention Prepared Communities (PPCs)**
  - Promote a data driven strategic prevention framework within PPCs
  - Work w/PPCs to develop workforce capacity
- **States - Strategic use of BGs & Discretionary Funds**
  - Provide technical assistance re strategic prevention & BH promotion plans
  - Address policy issues that affect access, cost and expectations
- **President's National Prevention, Health Promotion, & Public Health Council - Assure Behavioral Health is Included**
- **Communities w/BH disparities - Focus especially on racial & ethnic minorities, AI/AN & LGBT youth**
- **Schools, campuses, child welfare, early childhood experts, other community coalitions - Build emotional health, address adverse childhood events, and change attitudes about illicit drugs, alcohol, prescription drugs**

# Impact of Affordable Care Act

- More people will have insurance coverage for prevention and treatment services
- Medicaid will play a bigger role in addressing M&SUD
- Focus on primary care & coordination with specialty care
- Major emphasis on home & community based services & less reliance on institutional care
- *Preventing diseases & promoting wellness is a huge theme*

# SAMHSA Principles

- **People**

- *Stay focused on the goal*



- **Partnership**

- *Cannot do it alone*



- **Performance**

- *Make a measurable difference*



# **Common Goals: National Drug Control Strategy**

- **Reduce rate of youth drug use by 15 percent**
- **Reduce drug use among young adults by 10 percent**
- **Reduce number of chronic drug users by 15 percent**
- **Reduce incidence of drug-induced deaths by 15 percent**
- **Reduce prevalence of drugged driving by 10 percent**

# SAMHSA Key Messages

- **Behavioral Health is Essential to Health**
- **Prevention Works**
- **Treatment is Effective**
- **People Recover**

